



Arkansas Department of Health

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Guidelines for Discontinuation of Isolation Precautions in Patients with COVID-19 Infection Under Home Isolation

Limited information is available to characterize the spectrum of clinical illness, transmission efficiency, and the duration of viral shedding for patients with COVID-19.

Interim guidance for discontinuation of Transmission-Based Precautions (or isolation precautions) and disposition of COVID-19 infected patients under home isolation has been developed based on available information about COVID-19. This guidance is subject to change as additional information becomes available.

ADH recommends a symptom-based strategy for discontinuation of home isolation. **We strongly recommend against using a test-based strategy for discontinuation of home isolation.** This recommendation is based on Arkansas's current testing capacity for COVID-19 and is subject to change.

Symptom-Based Strategy (formerly called Non-Test Based Strategy)

Persons with confirmed¹ or probable² COVID-19 and who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing medications with progressive improvement or resolution of other symptoms; **and,**
- At least 10 days have passed *since symptoms first appeared*.

This **does not** apply to **immunocompromised patients and those who live in congregate living facilities** (retirement communities, nursing homes, prison, homeless shelters etc). Please call the ADH Physicians Line 1-844-930-3023 to discuss these special situations.

Persons with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue home isolation when at least 10 days have passed since the date of their positive COVID-19 diagnostic test, **assuming they have not subsequently developed symptoms since their positive test.**

¹Confirmed COVID-19 Case:

- Meets confirmatory laboratory evidence, i.e. detection of SARS COV 2 RNA in a clinical specimen

²Probable COVID- 19 Case:

- Meets clinical criteria AND epidemiologic evidence with no confirmatory laboratory testing performed for COVID-19.
- Meets presumptive laboratory evidence (serology) AND either clinical criteria OR epidemiologic evidence.
- A death certificate that lists COVID-19 disease or SARS-CoV-2 as a cause of death or a significant condition contributing to death with no confirmatory laboratory testing performed for COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/community/strategy-discontinue-isolation.html>

https://cdn.ymaws.com/www.cste.org/resource/resmgr/2020ps/interim-20-id-01_covid-19.pdf